

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

MENUS WITH MORE THAN 2300 MG OF SODIUM FOR THE DAY (CONDIMENTS NOT INCLUDED)



Age Well

Orange County's partner in aging

Home Delivered Menu

KATIE O'MARA, M.S., R.D.

DONATION: \$9.00

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

JULY 2022



CHICKEN PARMESAN
SPAGHETTI & SAUCE
SPINACH
BEEF STROGANOFF OVER NOODLES
CARROTS
GREEN BEANS
FRESH FRUIT
CHOCOLATE CHIP COOKIES

1

Center Closed

4

CHICKEN MARSALA
BROWN RICE
BRUSSEL SPROUTS
STEWED TOMATOES
SALISBURY STEAK WITH GRAVY
CARROTS
PEAS
OATMEAL COOKIES
APPLESAUCE

5

SPINACH CANNELLONI
CORN
CALIFORNIA BLEND VEGGIES
TURKEY ENCHILADA CASSEROLE
CARROTS
GREEN BEANS
WHEAT BREAD
FRESH ORANGE
TAPIOCA PUDDING

6

BEEF STEAK & ONION GRAVY
MASHED POTATOES
CREAMED SPINACH
TERIYAKI CHICKEN OVER RICE
PEAS
ASIAN VEGETABLES
CHOCOLATE PUDDING

7

ROTINI & MEAT SAUCE
ITALIAN GREEN BEANS
HARVARD BEETS
BBQ PORK RIBLET
MASHED POTATOES
SPINACH
FRESH FRUIT
GRAHAM CRACKERS

8

GLAZED HAM
SWEET POTATOES
LIMA BEANS
MACARONI, CHEESE & HAM
CREAMED SPINACH
CORN
CHOCOLATE CHIP COOKIES

11

MEATLOAF & MUSHROOM GRAVY
ITALIAN BLEND VEGETABLES
HASH BROWN POTATOES
SCRAMBLED EGGS WITH HAM
HASH BROWN POTATOES
CINNAMON APPLES
OATMEAL COOKIES
ORANGE JUICE

12

TUNA CASSEROLE
PEAS
HARVARD BEETS
CHICKEN CORDON BLEU
BROWN RICE
CALIFORNIA BLEND VEGETABLES
BANANA
SUGAR COOKIES
WHEAT BREAD
ORANGE JUICE

13

BAKED CHICKEN
MASHED POTATOES
GREEN BEANS
FISH WITH MEXICANA SAUCE OVER RICE
CORN
ZUCCHINI
CHOCOLATE CHIP COOKIES

14

CHILI OVER RICE
STEWED TOMATOES
CHUCKWAGON CORN
SPINACH LASAGNA
CARROTS
ZUCCHINI
VANILLA PUDDING

15

CHICKEN PARMESAN
SPAGHETTI
CREAMED SPINACH
BEEF STROGANOFF WITH EGG NOODLES
CARROTS
PEAS
APPLES
VANILLA PUDDING

18

SALISBURY STEAK & GRAVY
HASH BROWN POTATOES
HARVARD BEETS
CHEESE CANNELLONI
GREEN BEANS
PEAS & CARROTS
WHEAT BREAD
APPLESAUCE
CHOCOLATE CHIP COOKIES

19

CHICKEN PATTY & GRAVY
CARROTS
BROCCOLI
MACARONI, CHEESE & HAM
CREAMED SPINACH
CORN
APPLESAUCE

20

ROAST BEEF & GRAVY
MASHED POTATOES
CHUCKWAGON CORN
SPINACH LASAGNA
CARROTS
ZUCCHINI
GRAHAM CRACKERS
ORANGE

21

LEMON ROSEMARY CHICKEN
CREAMED SPINACH
BRUSSELS SPROUTS
SWEDISH MEATBALLS OVER EGG NOODLES
MIXED VEGETABLES
PEAS
OATMEAL COOKIES

22

SPAGHETTI & MEATBALLS
BROCCOLI
ITALIAN BLEND VEGETABLES
PINEAPPLE GLAZED HAM
MASHED POTATOES
GREEN BEANS
VANILLA PUDDING

25

BARBEQUE CHICKEN
SWEET POTATO
SUCCOTASH
TURKEY ALA KING
PEAS
CARROTS
SUGAR COOKIES
APPLESAUCE

26

CANNELLONI
ITALIAN GREEN BEANS
CARROT
BREADED FISH FILETS
CUBED POTATOES
MIXED VEGETABLES
BANANA

27

POLISH SAUSAGE
COUNTRY STYLE HASH BROWNS
SAUERKRAUT
MACARONI SHELLS WITH MEAT SAUCE
ITALIAN BLEND VEGETABLES
CORN
FRESH FRUIT
ORANGE JUICE

28

SALISBURY STEAK & GRAVY
HASH BROWN POTATOES
HARVARD BEETS
BAKED CHICKEN OVER RICE
MASHED POTATOES
BROCCOLI
GRAHAM CRACKERS
FRESH FRUIT

29

*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

**PORK = PORK

1% MILK OFFERED AT EACH MEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

JULY 2022



**Center
Closed**

				ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK	1
	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	WAFFLES SYRUP MARGARINE (2) LOW FAT MILK	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK	8
4	5	6	7		
ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	FRESH FRUIT TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK	PEACHES SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK	FRESH ORANGE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK	15
11	12	13	14		
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK	ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST (1) MARGARINE (1) LOW FAT MILK	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	PEACHES FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK	22
18	19	20	21		
FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK	ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK	APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK	WAFFLES SYRUP MARGARINE (2) LOW FAT MILK	29
25	26	27	28		